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## USDA BULLETIN BOARD

Broadcast by Ruth Van Deman, Bureau of Human Nutrition and Home Economics, in the Department of Agriculture's portion of the National Farm and Home Hour, Thursday, March 25, 1943, over stations associated with the Blue Network.

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Point rationing of meat, cheese, and butter and other fats and oils begins next Monday. All the homemakers I know are clipping the newspapers --- cutting out the official table of point values, and tacking it up in the kitchen. For these foods, you'll use the red stamps in War Ration Book Two. Each member of your family is entitled to 16 points a week.

I'm pretty sure you know by this time that a pound of butter or a pound of American cheese takes one-half of the weekly allotment of points for one person...so you'll want to be thinking of ways to make butter and cheese go as far as possible.

A pound of T-bone steak or sirloin steak also takes 8 points. So does a pound of loin chops of veal or lamb. And a pound of bacon without the rind takes 8 points. But look at the point table again. Many cuts of meat take fewer points.

Some of the shoulder cuts we all like are listed at 6 points a pound.... leg of lamb the same...also beef liver. Five points will get you a pound of that great American favorite, beef hamburger. Take 4 points, and you can get beef shortribs or pork spareribs. For 3 points, you can get a pound of pig hocks and knuckles to team up with sauerkraut. At 2 points a pound come pork kidneys and several other items. And for 1 point you can get fresh pigs feet.

With good recipes, you can make very tasty dishes with the meats of low point value. To get recipes, address a card to the Bureau of Human Nutrition and Home Economics, United States Department of Agriculture, Washington, D. C. and ask for the bulletin called "Meat for Thrifty Meals".

Tomorrow: more about using the red stamps. For now, that's all of the Bulletin Board. And here's Wallace Kadderly.

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